



ALESTINE'S GRAVE-YARD: BE BIASED THAN BE NEUTRAL

One is committing genocide and one is being killed for trying to fight for their lives and land. The war that is happening between Israel and Palestine is still ongoing after seven decades, and many innocent lives were taken, most especially to children. Therefore, being neutral and hoping for peace between two countries isn't going to change anything, when one is choosing to kill children who have dreams to achieve are only meant to be just dreams.

Israel and Palestine have a long history of conflict rooted in competing claims to the land. After the establishment of Israel in [1948](#), hundreds of thousands of Palestinians were displaced, leading to the ongoing Palestinian refugee crisis. The region has seen multiple wars and uprisings, including the [Six-Day War in 1967](#) and the First and Second Intifadas. Efforts to achieve a lasting peace agreement, including through negotiations and international

mediation, have so far been unsuccessful, perpetuating the cycle of violence and instability in the region.

Watch here for the full video history between israel and palestine. [The History of Palestine Occupation](#)

The continuous Attacks against Palestines is still happening up to this day, where Israel has carried out military assaults on Gaza in 2008, 2012, 2014 and 2021. This created anger to an organization in Gaza which is known as Hamas. The [Hamas organization then attacked Israel on October 7, 2023](#) as a form of rebellion and a way to show their anger after all these years from their land.

Which now leads the the current genocide in Israel. According to statistics they have killed over at least innocent lives in Gaza, with [10,000 children](#) and [8,900 Palestinian women](#) who died in the Gaza Strip since October 7, 2023. The surviving children are now filled with memories that are severely traumatic for a child to handle. This is rather heartbreaking, as children do not deserve to handle this kind of pain at a very young age, no child or nobody has to go through what these poor hearts has gone through.

Another statistics has shown where as of April 2, 2024, the CPJ'S preliminary investigation has shown where there are at least [95 journalists who were killed](#). Since the war began on October 7, there are more than [32,600 Palestinian](#) deaths who were killed in Gaza and West Bank Included. It showed how many people have died, and with most of them having dreams to achieve or wanting to contribute by making peace for the world, sadly their lives ended due to the war that has happened.

Being neutral should not be a choice. Palestinians should have all their rights to demand back their land and claim for their freedom. Israel has all the weapons while Palestines does not, being neutral at this point doesn't make sense. We do want peace for both sides, but if we're gonna keep on saying we're neutral, who will be accountable for all the killings?

BLACK VS YELLOW BELT: UNPROFESSIONAL AND UNETHICAL

By: Kay Francine G. Ongsuco

Recently, on the news by GMA News 24 Oras on March 23, a 17 year old yellow belter taekwondo athlete was beaten by a more experienced male black belt athlete in Bulacan, given that he was tasked by their coach due to jealousy. Therefore, this match was rather unprofessional and unethical for the coach and also the male black belter.

An interview was posted on youtube where it showed a blurry video, but you can still clearly see the bruises on the girl's face. In the video, she cried and then stated that ["What they did really did a huge effect on me, they have beaten me so much"](#). The female victim is now currently hospitalized, and had to undergo numerous medical examinations.

All that she had gone through was for the reason that her coach was jealous due to the fact that she has a boyfriend. [To give more background information](#), the victim's mother had stated that the coach did that on purpose because the coach himself has a crush on the victim. She also stated that there were also times where the coach would wrap her arms around the girls neck, and would go on dates just between the two of them.

There are quite negative factors that could happen if you were in the same situation as the victim herself. One factor is that you could suffer through such a traumatic experience, and one that could affect the rest of your life. No child should go through what the 17 year old female has experienced, whenever you are in the same situation with your coach.

According to the [U.S Department of Veterans Affairs](#), there are common reactions to trauma and these could make you feel jumpy, feeling on guard, they could give you nightmares, and give you problems at work or school, and unable to concentrate properly. Whenever we encounter this situation with someone we know, let us lend a help to whoever really needs one.

Another factor, this could definitely affect your emotional health, and whenever you encounter this kind of emotional abuse, this can affect how you would always feel nervous, and would sometimes feel helpless, feeling numb, being irritable or having angry outbursts, or you could neither blame yourself for the situation that happened. You may lose trust in others, and might feel withdrawn and reject,

What's worse of all is that since the victim was physically abused, major effects that she can encounter is trouble sleeping due to the fact that she is hospitalized, and it might give you overthinking thoughts about whether the damage that they did to your body will leave scars and these might lose your self-esteem and confidence.

The Philippine Taekwondo Association (PTA) is already taking matters into their own hands. Which is good, because the victim deserves justice.



Philippine Taekwondo Association
G/F Rizal Memorial Sports Complex,
Pablo Ocampo Sr., St. Malate, Manila, Philippines

March 27, 2024

*Official Statement of the Philippine Taekwondo Association
on the incident during training regimen involving a Taekwondo Practitioner.*

In our Philippine Taekwondo community, the safety and well-being of our students and coaches are always our highest priorities. The Philippine Taekwondo Association (PTA) has been notified about this incident and we have initiated our primary investigation, working closely with our PTA Officers and PTA Regional Directors.

Rest assured that we are taking matters seriously. We are working within our jurisdiction in determining the facts of the events to ensure accountability within our community.

The Philippine Taekwondo Association is well aware of the public's concern and we hear you. May we encourage everyone to be prudent in their comments as there are minors involved in this incident.

We deeply appreciate the support and understanding of our PTA community during this time.

That is why we have to give justice to whoever is experiencing all those factors. No one should go through the way the 17 year old yellow belter has experienced. What they should do in that issue is to file a complaint against the taekwondo association, and best if they both take back their belts since what they did was unprofessional. Sparring is like a practice for beginners, it doesn't have to the point where they get physically injured.

PALMS AND PASCHAL MYSTERY: THE SACRED JOURNEY OF HOLY WEEK

As the crisp, blossoming atmosphere of spring's blooms slowly begins to awaken, the period of spiritual devotion among Christians from all around the world starts to peak around the corners. The journey begins with the waving of palm branches along the wind's breeze, and leads up to the commemoration of Christian core values and beliefs with the concept of paschal mystery. Ultimately, it is a time of jubilant celebration that has become a testament to enduring legacy and profound faith — each day of the week allows us to bask in reflection and solemnity.

Welcoming the King

The gateway and prelude to Holy Week, marking the entry of Christ in Jerusalem. Palm Sunday is a welcoming reminder of faith and celebration upon the king's name. According to the Gospels, an eager and joyous crowd welcomed Jesus while waving palm branches and laying down their cloaks as he rode into the city on a donkey.

"Hossana!", they'd chant. It is observed on Palm Sunday that citizens and congregants from the church would hold processions, armed with their blessed palm branches, echoing the holy tradition of welcoming the Lord's arrival in Jerusalem. As he gratefully accepts the adoration of his people, this humble procession of his on a donkey symbolizes not just his kingship, but also his profound love and compassion for all people, regardless of their standing in life — he recognizes their genuine longing for salvation.

The practices and preparations during Palm Sunday remind us of the significance of Jesus' mission and upcoming endeavors, as well as the hope of salvation that he brings to the world.

Reflecting and Contemplating

As Holy Week begins to unfold its chapters, the days shift from jubilant celebrating to something more somber and neutral. On Holy Monday to Holy Wednesday, Christians revel and immerse themselves in an introspective of thoughts and prayers. During this, they may engage in personal reflection, considering the significance of Jesus' impending sacrifice and the profound love that will lead him to laying down his life for humanity.

Furthermore, many believers around the world usually engage in acts of prayer, fasting, and charitable deeds during these days, following the example of Jesus' selflessness and devotion.

The Sacred Meal

On Maundy Thursday, as the day reaches its nightfall, Jesus gathers with his disciples for the Last Supper. During this intimate gathering, Jesus demonstrated the great depth of his love by washing his disciples' feet — a sign of humility and service that defied social conventions and expectations of their time.

This sacred meal is interwoven within Christian traditions all throughout the generations. And by the institution of the Eucharist, the Lord offered his body and blood as a continual reminder of his selfless love for humanity. In the same manner, churches worldwide reenact this solemn occasion, partaking in

communion and washing one another's feet in a gesture of humility and unity.

Sacrifices

The pinnacle and climax of Holy Week is reached during Good Friday — it is a day embedded with intense sorrow and the start of humanity's adversities. It commemorates the death and crucifixion of Jesus Christ, where he willingly endured the seemingly perpetual pain and agony of being crucified on the cross as per the sake of humanity's redemption.

In his dying moments, Jesus cried out, *"Father, forgive them, for they know not what they do,"* exemplifying the infinite love and compassion that defined his entire ministry.

This goes to show and remind us of the reality beyond humanity. He was mocked, looked down upon, scourged, and was forced to carry the cross and ultimately just endure excruciating agony. And yet, his love remained steadfast and dominant as he still extended forgiveness and salvation even to his executioners. Parenthetically, we all know that we humans sin. But despite the relentless amount of sins that we've committed, despite the number of unfulfilled promises and apologies that we've given to the Lord, he still loves us all unconditionally.

The Silence of the Tomb

Black Saturday is marked between Jesus' crucifixion and the day of his resurrection; therefore, it is a day of anticipation, hope, and unwavering faith. According to Christian belief, during this period of the sacred week, the body of Jesus lays inside a tomb, shrouded in darkness and silence.

At the same time, the world awaits for a miracle to preface, despite being characterized by silence and mourning. Though Black Saturday may seem like a mere interlude for the events to come, it serves as a poignant reminder of our collective devotion for the Lord and appreciation for his selfless sacrifice.

Heralding Hope

The empty tomb, the power of resurrection, and the new promise of life. Easter Sunday, culminating the journey of Holy Week, commemorates how Christ has gloriously risen. At this point, Hymns of triumph resound, and the air is filled with the joyous proclamation, *“Christ is risen! He has risen, indeed!”*

Beyond its spiritual significance, Easter Sunday represents human restoration and rebirth. It allows believers of Christianity to experience the transformative power of Christ's resurrection within the course of their own lives, releasing the corrupt shackles of sin and welcoming new, fresh beginnings.

As believers celebrate this day, they are urged to consider how resurrection heralds hope, healing, and regeneration in all aspects of human life.

Holy Week, at its heart, is a narrative of Christianity's unyielding devotion for the Lord, Jesus Christ. From his triumphant entry into Jerusalem to the moment of his magnificent resurrection, the depth and breadth of his love for humanity is demonstrated. God's words, acts, and, ultimately, his sacrificial death and resurrection provide a stunning example of selfless, unconditional love — a love that continues to alter lives, souls, and hearts to this day. Hence, it is no wonder how Christians from all over the world continuously and eagerly attend masses

or processions and participate in all kinds of practices that celebrate this sacred week.

POVERTY IN A REPURPOSED PAINT BUCKET

For as long as we could remember, poverty and hunger are intertwined issues that continue to devastate the Philippines. It's something that's been tackled and addressed by many individuals, organizations, and even governments before, yet its persistence is unwavering - casting a sorrowful shadow upon the lives of millions. For decades now, these twin scourges continue to afflict communities and families, robbing individuals of their dignity, potential, and basic human rights. In the same manner, a

viral photo recently arose on the internet, showcasing the harsh reality of poverty.

In the land of Moises Padilla from the province of Negros Occidental, sugar canes are famously planted. But despite its sweet delicacies, the story of this young boy is far from sweet. In fact, it's utterly bitter, with all the difficulties and hardships that he and his family experience and endure on the daily.

Angelito Juanites, a 6-year-old first grader, is a timid yet ambitious boy. He lives in a humble bamboo-built home with his parents and three siblings. On a normal morning in his life, he wakes up early to prepare for going to school alongside his sister, who's a year older than him. But peculiarly, his parents went off to the fields for work earlier than usual that morning, so he prepared himself his lunch for the day. You may ask, what's so peculiar about that? He's simply doing what any normal student would do on a school day.

Well, their family only owned one piece of tupperware, which was meant to be shared by him and his sister. But he didn't just use this particular tupperware, he used an old paint bucket, and repurposed it as his lunchbox. He believed that there's nothing wrong with it, and his parents weren't there to tell him otherwise. So, at lunch break, he ate his meal like any normal kid would, oblivious and unknowing to how he's ultimately showcasing the harsh difficulties that his family faces, that it's even difficult for them to provide a simple lunchbox for their son.

But in an unusual happenstance, Angelito was photographed eating from his 'lunchbox', and the said picture was posted on social media. Unsurprisingly, it gathered the attention of many netizens online, and many of them expressed their empathy and compassion for Angelito and his family.

It goes without saying how we are all aware of the plaguing issue of poverty, and yet, even with how much we extend our sentiments and opt for ways to address it, it still continues to affect the kindest souls. Despite this, we should still put to mind that every child deserves a chance to strive, regardless of the circumstances.

As we reflect on Angelito's story and his paint bucket turned lunchbox, he has surely touched the hearts of many people out there. Hence, let us be inspired by his modesty, his innocent, child-like spirit that continues to thrive in the face of adversity. Let us recommit ourselves to the fight against poverty and hunger, and to building a world where every child has the opportunity to paint their own future filled with hope and opportunity, where perhaps, poverty can be repurposed into possibility.

30 YEARS OF INTERNET: PHILIPPINES HONORS TAN'S STRONG LEGACY

Celebrating a milestone, the Philippines honors March 29, marking 30 years of internet establishment in the country led by Engr. Benjamin Tan, who created the digital economy for Filipino connectivity and communication.

The event marked the beginning of the internet era in the country, where Engr. Tan installed the Cisco 7000 at the PLDT Center in Makati City on March 2, 1944, enabling the country's first internet connection.

According to the Department of Information and Communications Technology (DICT), over the past 3 decades, the internet has highlighted the transformative impact on the growth of the digital economy, providing opportunities for innovation, entrepreneurship, and economic development in the Philippines.

"There's this world of information that's available online. You didn't have to fly abroad for it; you didn't have to beg, borrow, or steal a book for it. It's just there all of a sudden," Tan uttered.

He reflected on the profound impact of the internet on Filipinos accessing knowledge more easily, eliminating barriers and limitations, and the need for physical resources like books.

As the Philippines commemorates 30 years of internet connectivity, it marks a significant milestone as it is essential to the opportunities that lie ahead that have already become an integral part of daily life, influencing the education and governance of the country.

Engineer Benjamin Tan's pioneering efforts laid the foundation for the digital transformation that continues to shape the nation's future and drive inclusive growth and innovation in the years to come.

PAGASA: 2024 WELCOMES EL NIÑO

The Philippine Atmospheric, Geophysical and Astronomical Services Administration (Pagasa), forecasts hot and humid weather nationwide on March 30, 2024.

Despite the heat, according to Ana Clauren, weather specialist of Pagasa, isolated rain showers and thunderstorms are anticipated in the afternoon and evening hours, providing temporary relief from the high temperatures.

The forecasted temperatures for selected cities across Luzon, Visayas, and Mindanao on Saturday:

LUZON

- Metro Manila: 26 to 33 °C
- Tagaytay City: 24 to 32 °C

- Baguio City: 17 to 27 °C
- Laoag City: 24 to 33 °C
- Legazpi City: 26 to 31 °C
- Tuguegarao City: 25 to 34 °C
- Puerto Princesa City: 26 to 34 °C
- Kalayaan Islands: 26 to 33 °C

VISAYAS

- Cebu City: 26 to 32 °C
- Tacloban City: 25 to 31 °C
- Iloilo City: 27 to 33 °C

MINDANAO

- Zamboanga City: 26 to 35 °C
- Cagayan de Oro City: 26 to 32 °C
- Davao City: 25 to 35 °C

To beat the heat, we must always defend our body by following safety precautions.

Infographics

Pagasa announced the start of summer season on March 23 as the country's experiences El Nino effects, where the weather increases the likelihood of below-normal rainfall conditions that could possibly lead to dry spells in certain regions until the first quarter of 2024.

Moreover, the Philippines in the following days can expect hot and humid weather and possibly isolated rain showers and thunderstorms during the afternoon and evening.

Always stay informed, prepared and take necessary precautions to keep safe amidst these weather conditions.

GOLDEN STATE WARRIORS REAPS ORLANDO MAGIC, 101-93

The formidable Golden State Warriors once again proved their golden honor as they pulverized the mighty Orlando Magic, with a commanding score of 101-93, on Thursday, March 28, located at the home grounds of Kia Center in Orlando.

As the first set commenced, the Warriors fiercely ignited the match as they exhibited their maneuvers, bolstering the team ahead with the first lead, 4-0. Not far behind, Orlando Magic managed to swiftly turned the tables, resulting

in a tie, 6-6. Within less than 4 minutes into the game, Daymond Green, from the Warriors, was ejected for collecting two technical fouls while arguing with one of the game's officials. However, despite being out of the game, this did not diminish the burning spirit of the Warriors, as they continued to dominate the first set, seizing the round with 27-11.

With the fervent desire to reclaim the missing points, Magic tussled blows with the Warriors while they exchanged attacks. Nevertheless, for this round, the triumph belonged to the Magic as they governed the court with a whooping score, 18-26.

Continuing with the penetrating momentum, for the third set, Magic unrelentingly poured their strategic tactics against the Warriors, earning another victory for the team, 27-29.

As the ultimate set initiated, cheers and claps from the crowds erupted while they eagerly awaited the events of this final round. The tension mounted to its highest point, as both teams engaged in numerous fouls and clashes. . Nevertheless, the teamwork and precision of the Warriors seemed impossible for them to bout. With the remaining time of the game, the Warriors set a controlling end of the game as they succeeded in nabbing the crown of the game despite the setbacks, 101-93.

GILAS PILIPINAS WOMEN RULES, PROCEEDS TO FIBA 3X3 ASIA CUP

The unyielding supremacy of the Gilas Pilipinas women's 3x3 team clinched the hard-fought spot to advance in the Quarterfinals of the Fiba 3x3 Asia Cup,

with their dominating win in Pool C during the Good Friday at Singapore Sports Hub.

The vigorous group of four composed of Jhaz Jason, Camille Clarin, Mikka Cacho, and Kaye Pingol, took the Pool C by storm as they reigned over their opponents.

The team's dynamic performance gained them a victorious win as they conquered Malaysia with an unassailable score of 17-10. This victory was attributed with Joson's four consecutive points as well as Clarin's expertise in defense, combined with her three points and six rebounds.

Maintaining their flaming energy, the group continued their winning legacy as they defeated the daunting Mongolian, together with Joson leading the team once again with her tactical four two-pointers, marking a finish of 11 points. Moreover, Pingol aided the team's win by her five-point shot and six rebounds, securing their win with 19-8 victory.

As the fortitude and willpower of the team stood strong with their unbreakable winning record in five games, Gilas Pilipinas is set for a knockout match against the Chinese Taipei on Easter Sunday at 1:10 PM.

On the other hand, the Gilas Pilipinas men's crew are determined to initiate their Fiba Asia Campaign on Saturday. The men's group gears up as they prepare to battle against Australia in Pool C, followed by a matchup against Japan.

